

## DOE – Medical and Infectious Disease Update – Wednesday, December 10, 2003

DOE weekly updates on SARS, West Nile Virus, or other illnesses and medical issues will continue as appropriate or as requested. The following information is current as of Thursday, December 11, 2003, 0700 hours, EDT. Information presented is routinely taken from the Centers for Disease Control and Prevention (CDC), <http://www.cdc.gov/>, The World Health Organization (WHO), <http://www.who.int/en/>, the Department of Defense Global Emerging Infections Surveillance and Response System site, (DoD-GEIS)- <http://www.geis.ha.osd.mil/>, and other creditable sources.

## PROTECT YOURSELF AND YOUR LOVED ONES—GET A FLU SHOT!

### Recent News

**U.S. Considers Importing Influenza Vaccine** - December 10, 2003, By LAWRENCE K. ALTMAN, The NY TIMES, The federal Centers for Disease Control and Prevention said that they were exploring ways to import influenza vaccine from Europe to meet shortages here ... Dr. Gerberding added that government rationing of the remaining stocks was not an option, because most vaccine is in the hands of practicing physicians, who dispense it according to patient need and demand - <http://www.nytimes.com/2003/12/10/health/10FLU.html> (Note: The NY Times Web service is free but requires that you register on their site, a relatively painless process - Ed.)

**What Causes, Prevents Colon Polyps** - Dec. 9, 2003 -- By Sid Kirchheimer, *WebMD*, In about five minutes each morning, you may be able to effortlessly and substantially reduce your risk of the nation's second most deadly cancer: Just take an aspirin, a multivitamin, and eat a bowl of fiber-packed cereal with some milk. If you want even more protection, add a 10-minute walk on sunny days without wearing sunscreen. So suggest the results of the one of the largest and most comprehensive studies to date on factors that raise and lower the risk of colon cancer. In this new report, vitamin D shines -- it's associated with a one-third reduced risk of serious colon polyps that often lead to cancer in men getting at least 645 IUs of this nutrient each day. "That's what you'll find in a multivitamin supplement and a small glass of milk," says lead investigator David A. Lieberman, MD, chief of gastroenterology at the Portland VA Medical Center. "Other vitamins also seem to have a protective effect, but our study suggests a stronger protective effect from vitamin D." <http://dailynews.att.net/cgi-bin/health?e=pub&dt=031209&cat=men&st=men95737&src=webmd>

**Shortage of Flu Shots Prompts Rationing - Vaccine Being Reserved For Highest-Risk Patients**, Tuesday, December 9, 2003, By Rob Stein, Washington Post Staff Writer - Doctors, clinics and health departments across the country have started running out of flu vaccine as Americans rush to protect themselves against what appears to be one of the nastiest flu seasons in years, officials said yesterday ... <http://www.washingtonpost.com/wp-dyn/articles/A47289-2003Dec8.html>

**Long Flights Double Risk of Blood Clots** -Dec. 8, 2003 -- Updated 12/8/2003, By Jennifer Warner, *WebMD*, Rather than bringing a book on long airplane trips, you might want to bring your walking shoes. New research shows that flights over eight hours long can double the risk of potentially dangerous blood clots during or shortly after flight. But you can substantially reduce your risk of these complications by knowing your risk and simply getting up and stretching in flight ... <http://dailynews.att.net/cgi-bin/health?e=pub&dt=031208&cat=news&st=news95707&src=webmd>

**CDC Health Advisory** - December 5, 2003, **CDC Assessing Influenza Vaccine Now In Supply Pipeline, High risk individuals and health care workers should be immunized** ... <http://www.cdc.gov/flu/>

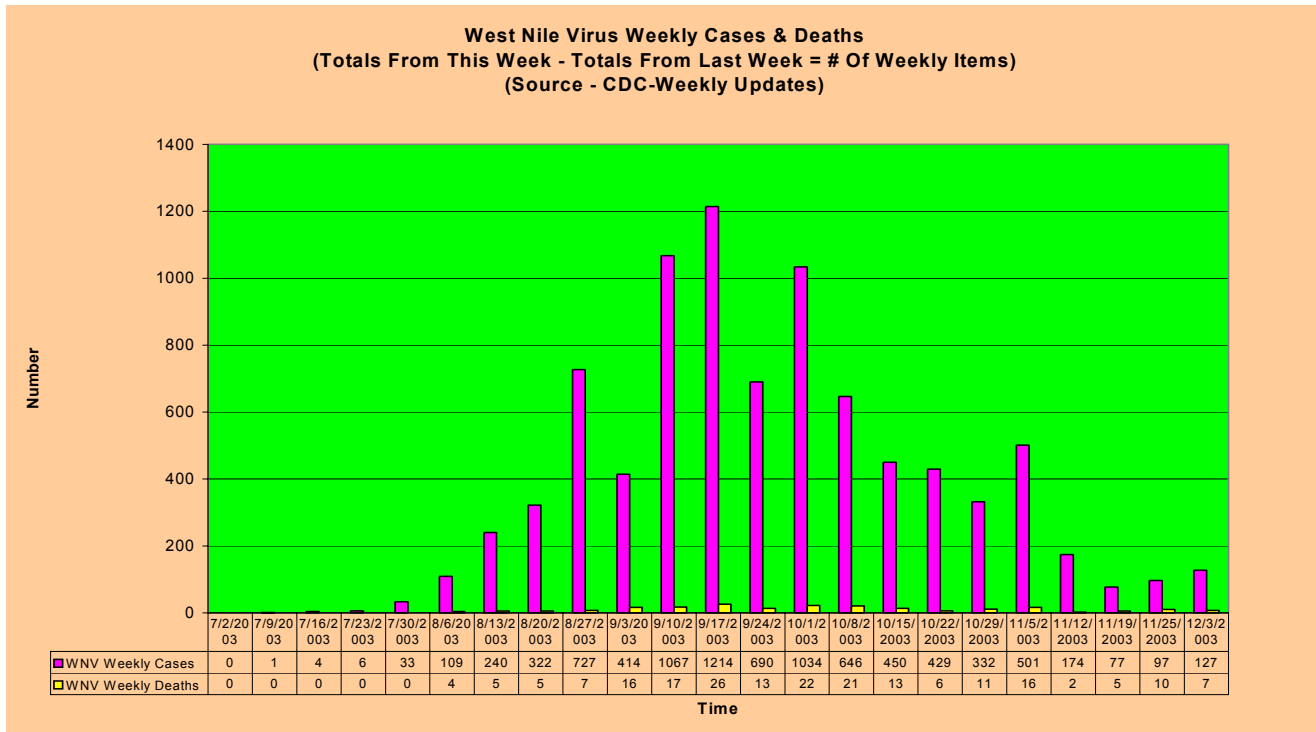
**CDC Influenza Summary Update** ... Influenza activity in the United States continued to increase during week 48 (November 23 - 29, 2003). Thirteen state health departments reported widespread influenza activity, 16 states and New York City reported regional activity, 6 states reported local influenza activity, 13 states, Guam, and Puerto Rico reported sporadic influenza activity, and 1 state and the District of Columbia reported no influenza activity. See the map near the end. <http://www.cdc.gov/ncidod/diseases/flu/weekly.htm>

## CDC West Nile Virus Home - <http://www.cdc.gov/ncidod/dvbid/westnile/index.htm>

### Three Ways to Reduce your West Nile Virus Risk:

[Avoid Mosquito Bites](#); [Mosquito-Proof Your Home](#); [Help Your Community](#)

**CDC West Nile Virus Case Count** - [Maps](#) reporting WNV activity and [human disease cases](#) reported to CDC have not been updated since December 3<sup>rd</sup>. The information for the week ending December 3, 2003 is shown in the chart below. Total cases and deaths from 46 states stand at 8694 and 206, respectively. <http://www.cdc.gov/ncidod/dvbid/westnile/surv&controlCaseCount03.htm>



## Links to State and Local Government West Nile Virus Web Sites

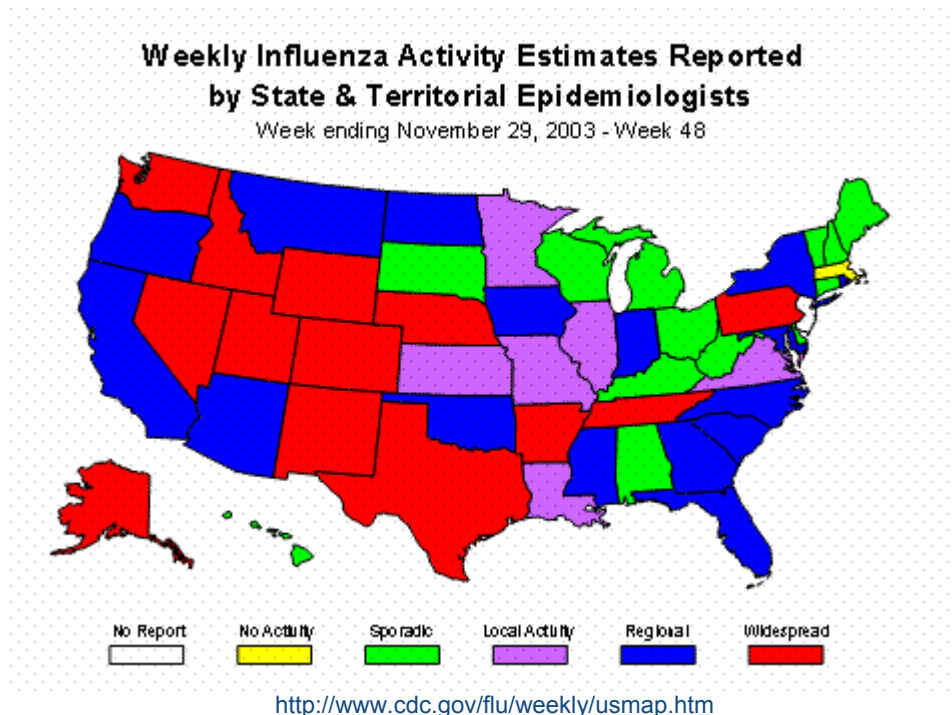
Click on a state to link directly to their West Nile virus Web page. [http://www.cdc.gov/ncidod/dvbid/westnile/city\\_states.htm](http://www.cdc.gov/ncidod/dvbid/westnile/city_states.htm)



**West Nile Virus Interactive Map** – If you go to this site, each State will be 'HOT', and moving your mouse on a State will link you to its Health Department's West Nile web site and bring up other information. Where the CDC map and case summary is a lagging indicator, this map, linked to each State's Health Department, provides real-time information for those states which update regularly, such as PA and CO.  
[http://www.mosquitoczar.com/west\\_nile\\_virus](http://www.mosquitoczar.com/west_nile_virus).

## West Nile Virus: What You Need To Know

**CDC Factsheet** - [http://www.cdc.gov/ncidod/dvbid/westnile/wnv\\_factSheet.htm](http://www.cdc.gov/ncidod/dvbid/westnile/wnv_factSheet.htm)



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